

Gratitude Stone

How does it help students?

- Having a tangible symbol of what one is grateful for can help students to stay connected and grounded in the positive forces present in their lives.

What will we need?

- A stone or pebble

How do we do it?

- Hold your stone or pebble in your hand, close your eyes, and think of something you are grateful for today. Carry this stone or pebble in your pocket or schoolbag. Strive to take it out at least once a day, hold it in your hand, and think of what you are grateful for, despite whatever else is going on in your life at that time.

Additional Notes:

- Small rocks can be painted or drawn on with simple words like “Gratitude” or “Be grateful.”

Source: Hawn, G. (2011). *10 mindful minutes*. New York, NY: TarcherPerigee.